S
614.405
H2mhp
V.5,No.1

Montana State Library
3 0864 1006 5688 6

Montana Health Promoter

BETES PROJECT FUNDED

The Centers for Disease Control and Prevention (CDC) has funded a Diabetes Control Project in the Montana Department of Public Health & Human Services (MDPHHS).

Goals of the project are to:

- measure the true burden of diabetes in Montana;
- develop and implement new approaches to reduce this burden; and
- promote partnerships for diabetes care and prevention.

Through a collaborative effort with Montana State University, Billings and University of Montana, Missoula, the project is developing two needs assessments. One will consider the needs of people with diabetes and their support networks, the other, the needs of health care providers who work with people who have diabetes. The *Montana Health Promoter* will keep you updated on Project activities.

For additional information, contact Jane Smilie, Coordinator, Montana Diabetes Control Project, (406) 444-0593.

WE'RE BACK!!!

The *Montana Health Promoter* is published by the Chronic Disease Prevention and Health Promotion Program of the Montana Department of Public Health and Human Services. We hope our readers find our new, revised format to be informative and useful, but at the same time easier to read and digest than previous longer issues.

If you have comments, suggestions or items for the calendar of events, please contact Valinda Holmes, (406) 444-2640.

HEALTHY MONTANA 2000: A PROJECT TO EMPOWER COMMUNITIES

Creating healthier communities is the focus of a new project recently initiated by a consortium of health organizations across the state. The project was created in response to changing social values regarding personal and community health. This was documented in a recent study conducted by DYG Inc., for the Health Care Forum, revealing some substantial public attitudinal changes around health care and personal/community health:

- The public has a **new concept of what creates health** and healthier communities that moves away from the absence of disease and embraces the pursuit of wellness and the influence of non-medical quality of life factors.
- People are **discouraged about the health of their own communities.**
- The **public is ready to play a more proactive role** in the health of their communities.

(Continued on page 2)

DIABETES DATA

- ☐ Total costs of diabetes in Montana in 1992 were more than **$284,000,000.**
- ☐ More than **40,000 Montanans** have diabetes, but only about 20,209 know they have it.
- ☐ Diabetes causes about **8,972 hospitalizations** each year in Montana.

STATE DOCUMENTS COLLECTION

OCT 19 1995

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59620

Newsletter of the Chronic Disease Prevention and Health Promotion Program

MONTANA DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES

VOLUME 5
ISSUE 1
SUMMER 1995

PROJECT PROMOTES HEALTHFUL DIET

The Nutrition Project has been a component of the Chronic Disease Prevention and Health Promotion Program since January 1992. One full-time public health nutritionist is employed to address the issues listed below. Kathy Andersen, MS, RD, can be reached at (406)444-2672.

Targeting the following Healthy People 2000 Objectives:

- increase the intake of fruits, vegetables and legumes to five or more servings a day;
- increase the intake of grain products to six or more servings a day;
- decrease fat intake to 30 percent of calories;
- increase the percent of overweight Montana adults who exercise and diet to lose weight;
- decrease the percent of Montana adults who are overweight; and
- decrease the percent of Montanans who are at risk of hunger.

Promoting a healthful diet with consistent messages for all segments of the population:

- encourage *5 A Day* for Better Health; and
- collaborate with the *EAT RIGHT MONTANA* coalition.

Advocating for policy to support healthful and adequate food and nutrition choices:

- address the core functions of public health nutrition; and
- collaborate with the Montana State Advisory Council on Food & Nutrition.

Working with communities to address food and nutrition issues at a local level:

- facilitate the formation of local food and nutrition coalitions; and
- collaborate with the Montana Hunger Coalition.

DENTAL HEALTH: PROJECTS FOR PROMOTION

School-based fluoride mouthrinse activities
Over 50,000 students have participated in the fluoride mouthrinse program in 251 schools located in 39 counties.

PANDA
The Prevention of Child Abuse and Neglect through Dental Awareness (PANDA) Coalition has as a goal to prevent child abuse and neglect through increased awareness and reporting of suspected cases by dental professionals. Coalition members are the Department of Public Health and Human Services, the Montana Dental Association, the Montana Dental Hygienists' Association and the Montana Academy of Pediatric Dentists.

Dental sealant promotion
Brochures, posters and stickers promoting the use of dental sealants for the prevention of tooth decay are available from the Dental Project of the Chronic Disease Prevention and Health Promotion Program. These materials were developed in response to the results of a telephone survey of 1,188 Montana adults in 1994, which indicated only 30% were aware of the value of sealants.

Dental health needs assessment
A dental health needs assessment project will be coordinated by the Dental Project as an initial step in developing a comprehensive dental health plan for Montana. This process will provide integrated information about dental health status. The results will be used to target project efforts toward groups at risk for poor dental health.

Individuals interested in participating on an assessment team or who would like more information about other dental health activities should contact Mary Lou Abbott, RDH, MA, Dental Project Officer, (406)444-0276.

("Healthy Montana 2000..." Continued from page 1)

- Americans **lack confidence in any existing institution** to improve the quality of life in their communities.

In response to the changing climate and health needs of Montana communities, a group of public health professionals, private non-profit organizations, hospitals, and non-traditional community health stakeholders have come together to form the Healthy Montana 2000 Project. The purpose of this effort is to build a statewide infrastructure and provide a system of training and technical assistance to communities, organized around broad-based prevention efforts.

If your community is ready to begin a systematic process to improve the quality of life of ALL its residents, please contact Patrick W. Smith, CHES, (406) 444-2555.

Women and HIV

As of April 30, 1995, there have been a cumulative total of 252 resident and non-resident AIDS cases reported in Montana. Of these individuals, nine percent are women. Most of these women (61%) report acquiring their infection heterosexually, through unprotected sex with a partner with HIV infection.

Nationally, the proportion of women among cases of AIDS in adults and adolescents has increased steadily over time, from seven percent in 1985 to eighteen percent in 1994. The 14,081 women reported with AIDS in 1994 represented nearly one fourth of the total number of AIDS cases ever reported among women. Thirty eight percent of these women report their infections are attributable to heterosexual contact. This is the most rapidly increasing transmission category for women in the United States.

As a means of increasing prevention outreach to women at risk for HIV infection, MDPHHS is expanding the scope of its HIV Prevention Counseling Training to reach women in other settings. The HIV/AIDS Project is linking with the Family Planning Program to offer this client-centered approach for HIV counseling and/or testing in Family Planning settings. A Train-the-Trainer course is scheduled for July 20 & 21 in Helena for HIV trainers and Family Planning practitioners. The course has been adapted by Kellie Teter and Patrice Fanning of Colorado to address additional issues: early pregnancy prevention, STDs and substance abuse. During the fall of 1995, client-centered prevention counseling courses will be marketed to Family Planning service providers, and will be co-taught by individuals from this training. The two day courses will be open to the community, especially to persons serving individuals at high risk for HIV, STDs and unplanned pregnancy. Locations are Great Falls, Missoula, Billings and Miles City.

WOMAN POWER: A RETREAT FOR HIV POSITIVE WOMEN

A retreat for HIV positive women will take place September 28 through October 1 in Helena. The event, which is sponsored by the Lewis and Clark AIDS Project and other Montana community organizations, will provide a confidential, nurturing atmosphere in which HIV positive women can share experiences, find support and gain powerful skills and information. For further information contact Lewis and Clark AIDS Project at (406) 443-2584.

COALITION FORMED TO ADDRESS BREAST AND CERVICAL CANCER

The Montana Breast and Cervical Cancer (BCC) Coalition includes organizations, health care providers, consumers, cancer survivors, and others who have an interest in prevention and early detection of breast and cervical cancer.

The coalition's mission is to:

1) increase knowledge among Montana women and providers regarding the need for breast and cervical cancer screening and education; and
2) create a comprehensive network to ensure that women receive ongoing accessible, accountable, and appropriate breast and cervical cancer screening.

In October 1994, the *EVERY WOMAN MATTERS* newsletter requested support for the coalition. More than 300 individuals and organizations have now asked to be listed as coalition members.

A 17-member BCC Steering Committee meets periodically along with members of the Public Education, Professional Education, Surveillance, and Quality Assurance Work Groups. These groups provide direction for the coalition and the Breast and Cervical Cancer Project. The Project, which is located within the Chronic Disease Prevention and Health Promotion Program, is funded by the Centers for Disease Control and Prevention.

To contact the coalition, please call the program staff at (406) 444-5442; fax is (406) 444-2920.

UPCOMING EVENTS

July 20 & 21	TRAIN-THE-TRAINER, a course for HIV trainers and family planning practitioners, Helena. For information contact Claudia Montange at (406) 444-3566.
September 28 - October 1	WOMAN POWER, A Retreat for HIV Positive Women, Helena. For information contact Lewis and Clark AIDS Project at (406) 443-2584.
September 30 & October 1	AMERICAN DIABETES ASSOCIATION (ADA) WALKTOBERFEST. For information about a walk in your area, call the ADA at (800) 232-6668.
October	BREAST CANCER AWARENESS MONTH. For information call (406) 444-5442.
	AMERICAN CANCER SOCIETY (ACS) TELL-A FRIEND CAMPAIGN. For information contact the ACS (406) 252-7111
November	DIABETES AWARENESS MONTH. For information contact the American Diabetes Association at (800) 232-6668.

Montana Health Promoter
Chronic Disease Prevention
& Health Promotion
Cogswell Building
Helena, MT 59620

BULK RATE
U.S. POSTAGE
PAID
HELENA, MT
PERMIT NO. 89

HAROLD CHAMBERS
STATE LIBRARY
HELENA MT 59620

2,500 copies of this public document were published at an estimated cost of 24¢ per copy, for a total cost of $600.00, which includes $600.00 for printing and $.00 for distribution.

EVERYTHING I NEEDED TO KNOW ABOUT HEALTH PROMOTION I LEARNED FROM MY DOGS

- take plenty of naps
- enjoy your meals
- drink lots of water
- demand to be petted
- enjoy nature–the sights, sounds, smells
- bark when you feel like it
- don't let people make you dress up
- take baths when you're really dirty and shake yourself joyously dry
- whine if your needs aren't met
- make friends with everyone in the neighborhood
- don't go for a run without your ID
- when people you love come home, make them feel welcome
- give a lot of kisses–the sloppier the better
- chase your tail–who says you can't amuse yourself?
- stop and smell the roses, grass, fenceposts
- take plenty of walks
- never turn down attention
- never bite the hand that feeds you
- on a warm summer day, stand out in the rain
- always save room for dessert

From *Making Wellness Fun*, March 1995